

Class Schedule

	Class Time - Type	Instructor
M	7-8:30 Comb. / Advanced	Kyoshi Roztocil
T	7-8:30 Comb. / Advanced	Mast. Burnside
W	7-8:30 Comb. / Advanced	Master Simms
T	7-8:30 Comb. / Advanced 7-8:30 Iai Sword Class	Sensei Wheeler Kyoshi Roztocil
F	6-8:00 Private Lesson Only	Kyoshi Roztocil
S	10-11:00 Comb./ Advanced 11-12:00 Iai Sword Class	Sensei Minisce Kyoshi Roztocil

Students are welcome to work out up to 6 times per week. Participation in formal class is obligatory when present. Individual work out is encouraged before and after class and Friday evening.

Classes for adults and juniors are mixed. Juniors must learn not to be intimidated by adults in a self-defense situation.

SUNRISE DOJO
366 Center Street
Caledonia, New York 14423
(585) 538-2650

www.sunrisedojo.com

Instructors

Instructors	Rank
Tomas Roztocil (Head Instructor -- Kyoshi)	7th Degree, Karate / Kobudo 6th Degree, Aiki Jutsu Senior Master, Iai Jutsu
Charles Hartness	6th Degree, Karate 2nd Degree Aiki Jutsu
Virginia Burnside	5th Degree, Karate / Kobudo
Eric Simms	5th Degree, Karate / Kobudo
Matt Minisce	4rd Degree, Karate / Kobudo 1st Degree, Aiki Jutsu
Emily Milgate	1st Degree, Karate 1st Degree, Iai Jutsu
James Wheeler	2nd Degree
Kyle MacKay	2nd Degree

Kyoshi Tomas Roztocil, the Head Instructor, has been studying and teaching Martial Arts well over 25 years and received his first Black Belt rank in Goshin Jutsu Karate in 1974. He is the senior student of **Soke William R. Cavalier, 10th Dan**, founder of **TATSU DO**.

Aside from martial arts, Kyoshi Roztocil has enjoyed a successful career in business, including positions as a Vice President of Engineering at Eastman Kodak Co. and Senior Vice President of Research & Development at Heidelberg Digital, LLC. *Without a doubt, the discipline of martial arts training has enabled his success as a professional.* It could help you as well.

TATSU DO KARATE



Kyoshi Tomas Roztocil
7th Degree Black Belt



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About **TATSU DO** Training

TATSU DO is an eclectic system of martial arts founded by Hanshi William R. Cavalier, after many years of study in the arts ranging from JuJutsu, Chinese Kempo, Shito-ryu, Chito-ryu to Goshin Jutsu Kyo Jujo. Hanshi Cavalier has also studied Kung Fu and various weapons systems.

The beginner in **TATSU DO** is taught firm discipline and defense techniques of Karate. Each class consists of aerobic warm-up exercises, stretching, body conditioning and Karate instruction.

Students learn striking hand techniques, kicks and blocks. Practice also includes self-defense and free style sparring. For advanced students, training is given in JuJutsu and AikiJutsu maneuvers. Starting at green belt, students are introduced to the use of oriental weapons, bo and sai. Safety is strictly enforced, especially with beginners.

Anyone can learn Karate – men, women, children. No special talent or physical strength are required, only discipline and willingness to work hard.

To the Student:

Through **TATSU DO** it is my hope to show you not only self-defense but a way of life. Those who study it in earnest will reap tremendous rewards; those who will take it in jest will find nothing. Student who aspires to be good must practice outside what he has learned inside. Lack of diligent practice will result in stagnation. Ranking will be determined on the basis of physical achievement and on mental attitude.

Hanshi William R. Cavalier, Soke

Conditioning:

(Matt Milgate, Yellow Belt, age 17, Rear Stance)



Weapons Self Defense:

(Emily Milgate, age 14, Bo Staff fighting)



Kicking Technique:

(Brian Kabala, Purple Belt, age 13, Side Kick)



Training Fees

Membership Plan	Monthly	3-Month
Adult	\$ 45	\$ 122
Junior Age 6-15	\$ 40	\$ 108
Family (2 Adults)	\$81	\$ 219
Family (2 Juniors)	\$ 72	\$ 194
Family (Adult + Junior)	\$ 77	\$ 208

(Other plans available, please inquire)

Special Offer:

Get a **FREE Uniform** worth up to \$45 with 3-month start-up membership !!!

Please Note:

1. Lifetime Tatsu Do Registration Fee (\$25) due at the end of the first month.
2. Other Equipment Required: (w / tax)
 - Student Manual \$ 8.66
 - Groin Protector \$10.83
 - Mouth Guard \$ 2.17
 - Patch \$10.10
 - Head Band \$ 8.12
3. No Refunds